

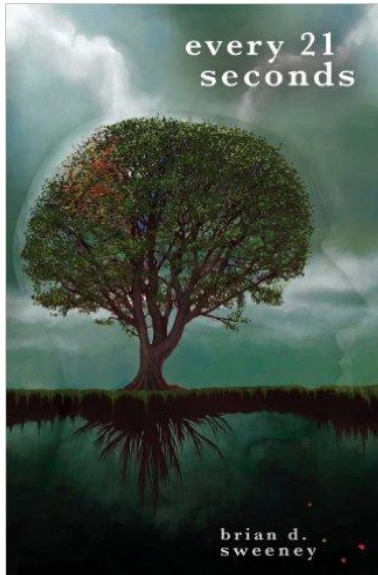
# Every 21 Seconds

## A Unique Yoga Workshop & Book Signing Event

Supporting the Production of a Feature Length Film Based on the Dramatic True Story of  
T.B.I. Survivor Brian Sweeney and Raising Awareness of Traumatic Brain Injury

With Melody Roberts, E-RYT 500

And Special Appearance and Talk by the Author & TBI Survivor Himself, Brian Sweeney



Awaken the energy of gratitude for your brain in this unique workshop where, Author and TBI Survivor, Brian Sweeney, will share his gut-wrenching story about his road to recovery. Referred to as the "Rocky of brain injuries," *every 21 seconds* is the comeback story you never knew existed. Struck down at the age of twenty-nine and given little to no hope of rediscovering the life he lost, Sweeney's desire and persistence to recapture his life will leave you absolutely inspired. In an effort to bring the two communities together (Yoga and TBI Survivors), Melody will be discussing the shared interest that both groups hold in working with the mind and healing the brain. The yoga tradition has over 5000+ years of teachings informing us how to connect the human body, mind and spirit. It began as a means of calming the endocrine system and relaxing the body so that practitioners could sit longer in meditation. According to Yoga Sutra 1.2, Yoga stills the fluctuations of the mind. For centuries, yogis have been using asana, pranayama, and meditation to improve concentration, focus, memory, balance, reduce stress and anxiety, and increase emotional stability. Science today tells us that yoga practitioners

have been literally altering the physical structure and chemical make-up of their brains. Thus, otherwise healthy brains have been benefiting from this age old "holistic therapy" for centuries. Yoga is now being deemed another valuable form of therapy for traumatic brain injury patients. Join Melody in a specially crafted yoga experience that will emphasize the healing effects on the brain, injured or otherwise "normal." This session will incorporate asana, pranayama, and meditation practices designed to balance and strengthen both hemispheres of the brain, and increase low levels of GABA that have been linked to depression and anxiety. This practice has benefit for all who experience, "fluctuations of the mind."

\$50 Early Bird Investment \$55 after August 13th

\*Proceeds from this workshop will be contributed to <https://www.indiegogo.com/projects/help-us-get-every-21-seconds-seen/x/5707656#/story>. Please help us spread the awareness of this silent epidemic. Join us in bringing this amazing true story to audiences around the world!



*Sunday ~ 1:30pm - 4:30pm*  
*August 16<sup>th</sup>, 2015*



Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404  
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).